

Module 1, Lesson 2 Quiz:

BP/HR: WHAT YOU NEED TO KNOW

1. A low heart rate is called:
 - a. **Bradycardia**
 - b. Tachycardia
 - c. Angina
 - d. Arrhythmia

2. An accelerated heart rate may be classified as:
 - a. Bradycardia
 - b. **Tachycardia**
 - c. Angina
 - d. Arrhythmia

3. The first number in your blood pressure is the _____ and it measures _____.
 - a. Diastolic, how fast blood is pushed out of your heart
 - b. Diastolic, pressure in arteries when the heart relaxes
 - c. **Systolic, how fast blood is pushed out of your heart**
 - d. Systolic, pressure in arteries when the heart relaxes

4. Blood pressure in a healthy range is:
 - a. **120/80**
 - b. 100/100
 - c. 80/100
 - d. 140/90

5. A marathon runner sees you for advice on improving her energy. When you ask about her medical history, she says her resting heart rate was 48 beats per minute the last time she went to the doctor. You should:
- Assume she is in good care and leave it at that
 - Remember that athletes sometimes have lower heart rates and believe that is the case for her, so you ask no further questions
 - Recommend she see a cardiologist
 - Ask more questions about her diet and lifestyle so you can understand where to go in making your recommendations**